



Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 4 • Issue 12

Northern Lakes
Community
Mental Health
northernlakescmh.org

December 2016

Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

Traverse House has New Director

Hannah Driver, LLC, is settling in with Traverse House as the new director. In the past Hannah worked with people for a short time. She is drawn to club as she will now with members for years versus days. She hope to help members reach their social and professional goals and working on job skills. Hannah hopes to grow membership and increase the TE (Transitional Employment) opportunities. She hopes to create awareness of the club both within the community and NLCMH staff. She also hopes to build more community relationships. Welcome, Hannah!



December Word Find

ADVENT
BEARD
BOOTS
BOWS
BOXES

BOXING DAY
CALM
CANDLE
CANDYCANE
CAROLS

CHANNUKAH
CHIMNEY
COOKIES
CRANBERRIES
DARK

DOVE
DREIDEL
EVE
FLAKE
FROST



GLOVE
HAT
ICE
ICYCLE
LIGHTS
MAGI
MITTEN
PENGUIN
POINSETTA
POPCORN
RIBBONS
SKIING
SLED
SNOW
SOLSTICE
STAR
WINTER

S	C	B	S	N	R	O	C	P	O	P	O	P	N	C	S
E	S	E	I	R	R	E	B	N	A	R	C	H	A	N	N
I	C	Y	C	L	E	G	E	V	E	R	A	T	S	O	O
K	P	I	P	W	S	N	O	W	M	A	N	N	E	K	B
O	S	H	G	W	C	I	F	L	A	P	D	I	V	X	B
O	T	Y	I	I	S	I	G	A	M	R	Y	U	O	F	I
C	H	A	N	N	U	K	A	H	E	M	C	G	L	B	R
A	G	D	G	T	R	S	R	I	L	J	A	N	G	E	L
R	I	G	D	E	L	S	D	Z	D	F	N	E	B	A	G
O	L	N	W	R	H	E	A	A	N	L	E	P	O	R	O
L	S	I	C	A	L	M	K	D	A	R	K	H	O	D	K
S	E	X	O	B	C	U	R	V	C	S	A	C	T	J	E
W	S	O	L	S	T	I	C	E	V	T	L	C	S	D	I
O	N	B	M	I	T	T	E	N	S	F	F	R	O	S	T
U	O	P	O	I	N	S	E	T	T	A	A	V	L	W	Y
S	W	O	B	H	J	C	H	I	M	N	E	Y	R	O	M





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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

This newsletter is
funded by Northern
Lakes CMH.



Letter Writing Day

When was the
last time you
received a hand
written letter?
December 7 is
letter writing
day.

Take a moment
and pen a hand
written letter to
a friend or loved
one.

Nothing quite
feels like
receiving a
letter in the
mail. Make
someone's day a
better day with
a letter from
you.

Meditation by Erin Easterly



There are few reasons to skip the powerful activity of meditation. After all, research has found that the practice can provide a wide array of health benefits – from preventing age-related brain structure deterioration, increasing memory capacity, and regulating your mood to slowing the aging process, reducing chronic inflammation, and increasing immunity.

Yet, knowing that something is good for you doesn't always translate into doing it. The gap between knowledge and application can sometimes be too wide to jump. However, there are some simple steps you can take to help start and maintain a healthy meditation practice:

- 1) Link Meditation to a Habitual Activity (right after you shower)
- 2) Start Small (try 10 minutes)
- 3) Experiment with guided meditation
- 4) Attend a group meditation (Studies show that meditation groups can increase peace in your community)
- 5) Use an App (on your phone or tablet)
- 6) Practice Pranayama (breathing mindfully)
- 7) Schedule meditation and
- 8) Create a meditation space

See Tower for more information.

<https://www.chopra.com/articles/8-steps-to-establish-a-daily-meditation-practice>

MI Healthier Tomorrow

"Today is the day to stay healthy through the holidays," states a recent Michigan Department of Health and Human Services (MDHHS) email. Do you have a game plan for the holidays? Here are a few simple tips to help you make that plan to stay healthy:



- | | |
|--------------------|-------------------------------|
| 1) Stay hydrated | 5) Keep track of what you eat |
| 2) Snack wisely | 6) Wash your hands and |
| 3) Get your rest | 7) Manage food portions |
| 4) Keep exercising | |

Planning for every day/week is important as an unplanned day can lead one astray. Take time to plan out menus, shopping for the menus to stay on track.

This also reduces over buying and can reduce food waste.

When eating at holiday functions, think about the portion size, and use a small plate rather than a big plate. Take just a spoonful of the items, not a full portion; this can help manage your diet to be healthier and mindful of what you are eating.

Follow MDHHS on Facebook or search for MI Healthier Tomorrow to receive healthy reminders to help you on your journey of wellness.

